



# LIFELINK

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## Upcoming Webinar Co-Hosted by Navy Suicide Prevention

Recognizing the factors that may increase suicide risk—such as barriers to seeking help, experiencing multiple or worsening stressors, declining self-care, rage and easy access to lethal means—is an important step toward taking actions that can save lives. Each year, Navy Suicide Prevention Branch (OPNAV N171) works with experts from across the Department of Defense to take a deep dive into individual Navy suicides that occurred two years prior, examining all available information, reports and records. These Cross Disciplinary Case Reviews enable experts to piece together a clearer picture of the circumstances surrounding each Sailor's death and produce recommendations to close gaps, strengthen current efforts and shape future initiatives.

In observance of Suicide Prevention Month, OPNAV N171 and Navy & Marine Corps Public Health Center's (NMCPHC) Health Promotion and Wellness (HPW) Department will co-host a webinar, "From Awareness to Action: Lessons Learned from Navy's Annual Cross Disciplinary Case Reviews." Join us on **Sept. 12, 2017 from 12 p.m. to 1 p.m. EDT** for a discussion on what *you* can do to prevent suicide, promote belongingness and encourage well-being year-round.

This webinar is intended for leaders, suicide prevention coordinators, health promotion coordinators and gatekeepers who have frequent contact with at-risk Sailors (chaplains, providers, first responders, legal staff, etc.).

Speakers, including OPNAV N171's Clinical Psychologist, will foster an understanding of the latest Cross Disciplinary Case Review findings and available evidence-based tools, enabling participants to:

- Identify the leading risk factors and warning signs present in recent Navy suicides, and proactively intervene when recognizing these signs in themselves or others;
- Take appropriate action as leaders, suicide prevention coordinators, health promotion coordinators and

gatekeepers to foster command climates supportive of psychological health;

- Incorporate new and updated resources to strengthen local suicide prevention programs and promote collaboration; and
- Engage with 2017 Navy Suicide Prevention Month and Fiscal Year 2018 *Every Sailor, Every Day* campaign efforts.

Register by Sept. 7 at <https://survey.max.gov/933674>. You must have a Common Access Card (CAC) to register for and attend this webinar. For more information, visit the [HPW Webinars webpage](#).

Navy Suicide Prevention Month is right around the corner! This September and throughout FY-18, OPNAV N171's *Every Sailor, Every Day* campaign will be focusing on ways to help you identify risk factors, take action and practice everyday ways to be there for yourself and others, based on the 1 Small ACT message. For materials and resources to jumpstart local efforts at your command, visit [www.suicide.navy.mil](http://www.suicide.navy.mil) > **Every Sailor, Every Day** > **Get Involved** and follow us on **Facebook**, **Twitter** and **Flickr**. Together, we can make a difference. Be there for Every Sailor, Every Day.



## Lifelink Spotlight

### #BeThere - It Takes a Community" 2017 DoD/VA Suicide Prevention Conference

From August 1-3, more than 1300 leaders, mental health experts, providers, suicide prevention coordinators and professionals gathered in Denver, CO for the Department of Defense (DoD) and Department of Veterans Affairs (VA) Suicide Prevention Conference. This year marked the third conference, which was hosted by the Dept. of Defense Suicide Prevention Office (DSPO) and emceed by former congressman and Undersecretary of the Army, Patrick Murphy.

In her opening remarks, DSPO Director Dr. Keita Franklin stated that "chasing mental health or training alone won't do it," commenting on the comprehensive approaches required to get to the department's goal of zero suicides. "Implementing bundled, evidence-based and bold strategies will." The conference featured dozens of sessions focusing on core suicide prevention topics such as means safety, medical, postvention and peer support. Dr. April Foreman, VA Suicide Prevention Coordinator and clinical psychologist, shared innovations in social media use supporting suicide prevention dialogue and how non-traditional tactics—such as cat memes— can spark engagement. "You are influencing the conversation whether you know it or not," she stated during her breakout session entitled "Suicide Prevention and Social Media: Safe, Effective and Engaging Messaging."

Keynote speakers included Dr. Thomas Joiner, an American academic psychologist and leading expert on suicide, and Kevin Hines, suicide survivor and activist who frequently addresses Sailors at Pacific Fleet Resilient Workforce Summits.

On the last day of the conference, Navy Suicide Prevention Branch conducted a training session for Navy suicide prevention coordinators, leaders and clinicians. This training is similar to what will be offered during the upcoming collaborative webinar with Navy & Marine Corps Public Health Center (see page 1).

The *Every Sailor, Every Day* campaign **live-tweeted** the conference, sharing best practices, calls-to-action and key insights from speakers. These tweets, along with those from other organizations attending the conference can be found by searching the hashtag **#DoDVA2017**.



## Plan of the Week Notes

*Below are sample Plan of the Week notes aligning with topics covered by the Every Sailor, Every Day campaign during the month of August:*

1. 1 Small ACT can make a difference—and save a life. Join your shipmates in the fight to prevent suicide. Visit [go.usa.gov/xRy46](http://go.usa.gov/xRy46) for resources to help you start the conversation, stay engaged and be there for Every Sailor, Every Day.
2. Are you a leader, suicide prevention coordinator, health promotion coordinator, clinician or someone who has frequent contact with Sailors at increased risk of suicide? Join Navy Suicide Prevention Branch and Navy & Marine Corps Public Health Center on September 7 at 1200 EST for a webinar training to help you recognize risk, intervene and promote a culture supportive of psychological health. For additional details and to register, visit [survey.max.gov/933674](http://survey.max.gov/933674).
3. Your kids experience operational stress, too! Starting the school year, whether in a familiar or new environment, can be challenging for parents and students alike. Check out these tips to keep an even keel during back-to-school season: [bit.ly/2aOF0ZW](http://bit.ly/2aOF0ZW).
4. Talking to someone and seeking professional resources are important parts of overall self-care. If you're feeling more stressed than usual, reach out to the BeThere Peer Support Call and Outreach Center at 1-844-357-PEER (7337) or send a text to 480-360-6188. All communications are anonymous, free, confidential and available 24 hours a day, seven days a week. Learn more at [www.betherepeersupport.org](http://www.betherepeersupport.org).

## Webinar Archive: Developing Safe Suicide Prevention Messaging

How we talk about suicide makes a difference. The Action Alliance Framework for Successful Messaging provides resources and guidance to help those who communicate about suicide prevention. This evidence-based framework draws from research to ensure that messages are communicated in a manner that promotes dialogue, encourages help-seeking behavior, reduces negative attitudes and mitigates the risk of unintended consequences.

You can now access an archived webinar training to help ensure that your local messaging—from how suicide is presented in training to how it's discussed in everyday conversation—is aligned with best practices. Visit [actionallianceforsuicideprevention.org/webinar-developing-successful-and-positive-suicide-prevention-messaging](http://actionallianceforsuicideprevention.org/webinar-developing-successful-and-positive-suicide-prevention-messaging) for the archived webinar and check out our "What's in a Word" fact sheet for Navy-specific guidance.



## News and Resources

6 Ways to Avoid Isolation this Summer  
[DCoE](#)

Fueling Your Body and Mind with Food  
[NavyNavStress](#)

CNIC Offers CPO Selectee Spouses Live Well Resilience Webinar  
[Navy.mil](#)

Coping with Grief and Loss  
[Guard Your Health](#)

Improve Your Mental Health with Time Away from Work  
[Health.mil](#)

Behavioral Treatment for Insomnia  
[Real Warriors](#)

21st Century Sailor Office Hosts Navy Military EO Training Summit  
[Navy.mil](#)

Self-Harm and Suicide  
[SPRC](#)

Help Your Patients and Yourself Feel Comfortable Talking about Suicide  
[DCoE](#)

## Current and Upcoming Events

**Suicide Prevention Month**  
Sept.

**Webinar: "From Awareness to Action: Lessons Learned from Navy's Annual Cross Disciplinary Case Reviews"**  
Sept. 7, 12 p.m. EDT  
[Register here](#)

**World Suicide Prevention Day**  
Sept. 10

**SPC Training Webinars**  
Aug. 24, 6 p.m. CDT  
Sept. 14, 12 p.m. CDT  
[Register here](#)

## 2017 Suicide Prevention Month is Around the Corner

Suicide Prevention Month is not about momentary engagement; it's about every day action. In 2015, "1 Small ACT" became the *Every Sailor, Every Day* campaign's central message, encouraging all members of the Navy community to use common interactions as opportunities to make a difference. A simple act of kindness can shine a light in the darkness and spark hope; whether we know it or not.

Over the past two years, the "1 Small ACT" message has encouraged actions to be there for others, accessible self-care practices to promote healthy behaviors, active dialogue about stress and suicide, and more. This year, we'll continue to use "1 Small ACT" to enlist all members of the Navy community in the fight against suicide. With 2017 Navy Suicide Prevention Month (September) around the corner, here are three things you need to know to jumpstart your efforts to be there for *Every Sailor, Every Day*:



- 1. 2017 Suicide Prevention Month will serve as the launch-pad for fiscal year 2018 Navy Suicide Prevention efforts.** It's not just about a 30-day blitz. Starting in September and throughout FY-18, the *Every Sailor, Every Day* campaign will promote new tools that empower Sailors and their families to better recognize warning signs, start conversations, take the right actions to intervene and practice ongoing safety. Look out for new posters, graphics and tips that help you identify warning signs, decrease risk during times of increased stress, and promote new resources to help Sailors recover from psychological or emotional crises, like the Sailor Assistance and Intercept for Life (SAIL) program. Our annual 1 Small ACT Toolkit will be available for download on [www.suicide.navy.mil > Every Sailor, Every Day > Get Involved](#), including graphics, a sample commanding officer's proclamation, facts, event ideas, sharable social media content, plan of the week notes and more. These new tools are not only designed to help you help others, they're here to help you help yourself. Be sure to **subscribe** to our distribution list and follow us on **Facebook**, **Twitter** and **Wordpress** to be the first to access these products as they are released, and stay tuned throughout the fiscal year for more.
- 2. Preventing suicide is an all hands evolution. Communication and partnerships are key.** Holistic success starts locally. On Sept. 7 at 12 p.m. EDT we will co-host a webinar with Navy & Marine Corps Public Health Center's Health Promotion and Wellness Dept. to share lessons learned from Navy Suicide Prevention Branch's annual cross disciplinary case reviews. This webinar is intended for all levels of leadership, SPCs, health promotion coordinators, providers, chaplains and all personnel who have frequent contact with Sailors who may be at increased risk of suicide. Learn how you can work together on a local level to close gaps and promote a culture supportive of psychological health in September and throughout the year. To register, visit <https://survey.max.gov/933674>.
- 3. Share your ideas to be there for Every Sailor, Every Day through the 1 Small ACT Photo Gallery.** The 1 Small ACT Photo Gallery, now hosted on the *Every Sailor, Every Day* campaign's **Flickr** page, will remain open for submission. To date, Sailors and their families have contributed over 600 "Small ACT Selfies," featuring the many ways they support their shipmates and themselves as individuals. We will continue to feature these selfies on our Facebook, spotlighting installations, units and commands. 1 Small ACT signs and details are available at [www.suicide.navy.mil > Every Sailor, Every Day > 1 Small ACT Photo Gallery](#).

Navy Suicide Prevention Month is a time to refocus, come together and kick-off sustainable local engagement. When we are constantly working together to keep psychological health in open conversation and are leading by example when it comes to seeking help and taking care of ourselves, we break down barriers together.